

# **COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!**

## **2010 FITNESS CLASS SCHEDULE**

\*Session 1, 2010 January 4 - February 12  
 Session 2, 2010 February 15– March 26  
 Session 3, 2010 March 29 - May 7  
 Session 4, 2010 May 10 - June 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 9:00am	Mat Pilates 9:30am	Turbo Kick 7:00am	Have a Ball Fitball 9:15am	Spinning 9:00am	Turbo Kick 7:45am
PACE 9:30am	Yoga 12:00pm	Spinning 9:00am	Cardio & Tone 5:30pm	PACE 9:30am	Zumba 9:00am
Everybody's Exercise 10:45am	Zumba 6:00pm	PACE 9:30am	Step Aerobics 6:30pm	Hip Hop Hustle 5:45pm	
Mat Pilates 12:00pm	Spinning 6:30pm	Mat Pilates 12:00pm	Spinning 6:30pm		
Cardio & Tone 6:00pm	Zumba 7:15pm	Yoga 6:00pm	Yoga 7:30pm		
Beginner Spinning 6:30pm		Intermediate Yoga 7:15pm			
Step Aerobics 7:00pm					

### **Cardio & Toning**

MON \$18 RES, \$21 NON-RES  
 THUR \$18 RES, \$21 NON-RES

### **Hip Hop Hustle No class March 19**

FRI \$18 RES, \$21 NON-RES

### **Spinning \*Starts session 2**

MON 6:30pm \$18 RES, \$21 NON-RES  
 TUES 6:30pm \$18 RES, \$21 NON-RES  
 THUR 6:30pm \$18 RES, \$21 NON-RES

### **Turbo Kick No Class March 17 or 20**

WED \$18 RES, \$21 NON-RES  
 SAT \$18 RES, \$21 NON-RES

### **Mat Pilates \*Starts session 2**

MON \$25 RES, \$28 NON-RES  
 TUES \$25 RES, \$28 NON-RES  
 WED \$25 RES, \$28 NON-RES

### **Spinning \*daily fee**

MON 9am \$3 RES, \$4 NON-RES  
 WED 9am \$3 RES, \$4 NON-RES  
 FRI 9am \$3 RES, \$4 NON-RES

### **ZUMBA**

TUES \$18 RES, \$21 NON-RES  
 TUES \$18 RES, \$21 NON-RES  
 SAT \$18 RES, \$21 NON-RES

### **Everybody's Exercise \*Starts session 2**

MON \$18 RES, \$21 NON-RES

### **Yoga**

TUES \$18 RES, \$21 NON-RES  
 WED 6pm \$18 RES, \$21 NON-RES  
 WED 7:15pm \$18 RES, \$21 NON-RES  
 THUR \$18 RES, \$21 NON-RES

### **Step Aerobics**

MON \$18 RES, \$21 NON-RES  
 THUR \$18 RES, \$21 NON-RES

### **P.A.C.E.**

MON \$18 RES, \$21 NON-RES  
 WED \$18 RES, \$21 NON-RES  
 FRI \$18 RES, \$21 NON-RES

### **Have a Ball Fitball \*Starts session 2**

THUR \$18 RES, \$21 NON-RES

# **Greenwood Parks and Recreation**

## **COMMIT to be FIT – Make a Simple Lifestyle Change TODAY!**

**Your solution to life-long happiness, health and vitality**

**P.A.C.E.**– Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

**Step Aerobics** – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

**Cardio & Toning** – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

**Spinning** – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages .

**ZUMBA**– Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba.

**Yoga** – in this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

**Intermediate Yoga**– A more challenging yoga practice that focuses on poses that strengthen and condition the body and builds on the foundation of other fundamentals taught in other classes. Appropriate for the intermediate and advanced yoga student.

**Turbo Kick**– Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. The workout that feels like a party has finally arrived!

**Hip Hop Hustle**– Burn, baby, burn those calories with easy to learn dance steps! It feels more like a night on the town than exercise.

**Mat Pilates**– Tighten your core: works your abs, lower back and buttocks areas. Great stretching, flexibility, and toning.

**Have a Ball Fitball**– This class uses a fitball for toning and balancing. Great ab workout!

**Everybody's Exercise Class**– Stretch, tone and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, and improving balance. Participants move at their own level of ability for the best workout possible. Geared toward the mature participant.

## **You Have Nothing to Lose... But Weight!**

### **Fitness Class Policies & Guidelines**

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5 per class.**
- Students are not encouraged to register for a session after the second week of a new session in Yoga unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If student is under the age of 18, he/she must be at least 15 and accompanied by an adult.
- Refund Policy: you will only receive a refund if you request the refund before the session you are signed up for finishes.

**Greenwood Parks & Recreation Department    881-4545**